

STAY HEALTHY THIS FLU SEASON!

Fight the flu by following these simple steps to protect yourself and others from the spread of germs.



Get vaccinated against the flu—it's your best protection from flu and its complications.



Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer.



Cover your mouth and nose with a tissue or your sleeve—never use your hand.



Don't touch your face—keep your hands away from your mouth, nose and eyes.



Clean surfaces like phones, doorknobs, light switches, remotes and countertops often.



Stay home from work or school if you get sick to prevent spreading the flu to others.